

To add or remove your address from our mailing list, please print the form, fill in the requested information and mail it to:

**Valassis Direct Mail, Inc.  
CONSUMER ASSISTANCE  
PO BOX 249  
WINDSOR, CT 06095**

This is a no charge to have your address added or removed from Valassis's mailing list. Your addition or removal will take approximately five to six weeks from your request date.

Valassis is the leading provider of cost saving coupons and advertising circulars. By removing your address from our list you will no longer receive the valuable RedPlum coupons and sale information from area merchants (such as grocers and retailers).

Your removal status will remain effective for five years. You will need to contact Valassis 90 days prior to the end of the five year period in order to have your address removed for an additional five years. Should you move or change your residential address, Valassis should be notified of your new address to continue your status.

By checking the Remove box please understand that this action will only remove mailings distributed by Valassis. This will not stop all of the mailings you receive.

REQUEST TYPE (PLEASE CHECK): REMOVE \_\_\_\_\_ ADD TO \_\_\_\_\_

NAME: \_\_\_\_\_

STREET ADDRESS or  
POST OFFICE BOX #: \_\_\_\_\_

UNIT OR APT #: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

**OPTIONAL INFORMATION**

PHONE # \_\_\_\_\_

COMMENTS: \_\_\_\_\_